# Lafayette Lifestyles

A Treasure Chest of Ideas, Activities and Services

FALL 2005

*presented by the City of Lafayette's Senior Service Center*

## SENIOR HAPPINESS: No, It's Not Too Late!

*Bob Nozik, M.D., Author of*
"Happy 4 Life: Here's How to Do It"

Too many seniors find themselves thinking. "It's too late for me, I'm just too old. All I want now is for my children to be happy."

They believe their age trumps any chance they may have for happiness. They are mistaken! I have been studying, teaching, and practicing this joyful state of mind for two decades and what I know is that not only can seniors attain true happiness but they have a distinct advantage over other age groups. The Lafayette Senior Services Center is offering two free workshops.

**HAPPINESS: If Not Now, When?**
*by Author, Popular Lecturer*
*Dr. Bob Nozik*

**Part I: Merging Onto the Happiness Highway – Thurs. Nov. 10th**

**Part II: Staying On the Happiness Highway – Thurs. Dec. 8th**

**10:30 am – Noon, both days**

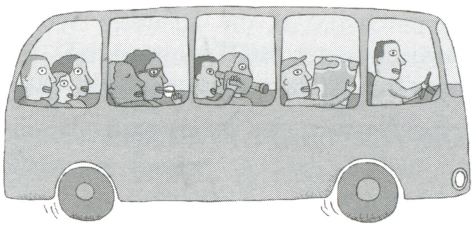
**Merging Onto the Happiness Highway** is designed to show you exactly how to master the 12 simple steps that will guide you to a happiness so deep and rich that Bob calls it Ideal Happiness.

**Staying on the Happiness Highway** will help you stay on track by reviewing the key steps. In addition, we will examine and debunk the personal and societal roadblocks that can hinder our progress to happiness. Methods for achieving personal change will be examined and you will learn a new, powerful method for change called the "What Else" technique.

## The Lamorinda Senior Transportation Project Update

The Lamorinda Senior Transportation Project has been making steady and gratifying progress. In June, the City of Lafayette agreed to take on a lead role with particular focus on the senior van component as we pursue the van application process with the County Connection AdVANtage program. Our volunteer driver segment is now taking a look at the Senior Helpline Services' "Rides for Seniors" program which gives free rides to seniors who qualify under their reassurance program. Call 925-284-8328 for more information and to see if you meet their criteria.

Lastly, our taxi discount program is now in operation.



20% Taxi Discounts for Seniors: Call Contra Costa Yellow Cab and De Soto Cab Company at 284-1234 (this is a single company) to take advantage of the special 20% discount now in place for all seniors 55 and older. Show your DMV ID card for verification (or other if this is not available). As this program is new, we would especially appreciate your feedback regarding your taxi expericnce. Call us at 925-284-5050. Note: You must request the 20% discount from your taxi driver.

## A Dickens Holiday Open House at the Lafayette Senior Services Center

**Friday: Dec 2 • Free lecture** *(see description below),* **music & dance performances, luncheon, and great raffle prizes.**

*Sponsored by Emeritus College of Diablo Valley College in partnership with the Lafayette Senior Services Center*

Right after Thanksgiving and before the year-end holidays get the best of you, come to the Lafayette Senior Services center to hobnob with some nice folks and enjoy a stimulating and delightful lecture, live music and dance performances, and delicious luncheon buffet– all at no charge to you. This is our annual gift to you for being great neighbors and patrons.

**Lecture: Dickens, The Man and His Work • 10:30 am – Noon**

Celebrate the holiday season with an in-depth lecture about this extraordinary literary master. The lecture will be presented by two Diablo Valley College Dickens scholars – Marcia Goodman, PHD, Chair of the English Department, and Maureen O'Leary, PHD, English Instructor.

***See back page for Open House Event Schedule and Raffle Prizes***

# Resources for Seniors

*Many of the following events and programs are covered in more detail in the current Fall 2005 Lafayette-Moraga Recreation Guide. Visit the Lafayette Senior Services Center at 500 Saint Mary's Rd. or call 284-5050 if you need a copy.*

**Note:** Events take place in Alder and Elderberry Rooms and are free unless otherwise noted. Many require pre-registration by calling (925) 284-5050.

• ***Confused about Long Term Care, Health Insurance, Medicare, HMOs, Supplemental Insurance? Need some legal assistance?***

HICAP (Health Insurance Counseling and Advocacy Program) volunteers offer personal and private consultations in all the complexities of senior health services and give sound, practical advice. Appointments are required.

• ***What is Medicare Part D and Do You Need It?***

**Thursday: 10/27 • 11:00 am – Noon**

**Note: Federal enrollment begins 11/15**

• ***Bi-Monthly Caregiver Support Group***

Barbara Schuh, owner and director Companion Care

**Mondays: 1:30 – 2:30 pm**
**11/14, 11/28, 12/12**

*Commitment to whole series not necessary. Program may continue into winter months.*

Caring for frail older adults often creates great stress and emotional anguish for spouses and family members. Licensed geriatric care managers Barbara Schuh and Carol Shenson will be offering a bi-monthly support group for individuals who are considering or currently involved with the direct care of an older relative.

Learn from others in the group as well as experts in the field about how to find balance, gratitude, and joy in your life while taking care of others.

Note: support group began in Sept.

## www.contracosta.networkofcare.org

This website has everything for seniors, people with disabilities and caregivers –Get information on services, care giving, assistive devices, diseases, legislation and up to the minute news concerning Contra Costa County Aging & Adult Services.

## SENIOR INFORMATION & REFERRAL

**925-335-8720 OR 1-800-510-2020**

Information on a variety of senior services in the Central County.

## MEAL ON WHEELS

**925-837-8311,** Information about the senior lunch program.

## • GETTING AROUND •

**COUNTY CONNECTION LINK** is a door-to-door, advance registration, dial-a-ride service in central Contra Costa County for those who qualify under the Americans with Disabilities Act (ADA). Call **925-938-7433** for an application form and more information.

## BART TICKETS FOR SENIORS

BART tickets for adults 65 and older may be purchased at the Lafayette Senior Services Center. BART cards worth $24 in rides cost $6! Price goes up to $9 in 2006!

## DRIVER'S SAFETY CLASS

*(formerly known as 55-Alive Defensive Driving)*

**Next class is a two day class:**
**Mon: 1/23 and Wed: 1/25/06**
**9 am – 1 pm on both days**

Cost is $10. Call us for details regarding class space availability and signup.

## COUNTY CONNECTION BUSES

Ride County Connection Buses for Free, Midday, 10 am to 2 pm

Seniors can apply for a Regional Transit Connection Discount Card and use the County Connection's fixed route bus service for no charge. Call 925-676-7500 for an application and more information. Pay a one-time $3 fee and within 21 days, you'll receive your discount card.

## TEA DANCING

Enjoy afternoon Tea Dancing and light refreshments in the spacious Live Oak Room. Music compiled by D.J. Dan Foley. Come for the great music and good company even if you prefer not to dance.

**Every Wednesday: 1:00 – 3:30 pm**
**LCC: Live Oak Room**
**$2 fee covers Light Refreshments**

## FALL FLING TEA DANCE

A Special Ballroom Dance Party and Potluck Event

**Wed: 10/26**
**Noon – 3:30 pm**

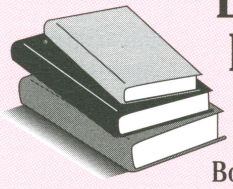
Every dancer and party participant will have a free raffle opportunity to win a beautiful gift basket courtesy of Diablo Foundation for the Aging and Nightingale Home Care.

## ANNE RANDOLPH WORKSHOP

• **BANDS CLASS**
**Fri: 10/28, 10 –11am**
Stretchy colorful exercise bands – how and why to use them. We will learn several exercises to maintain and increase strength.

## MUSCLE SHAPERS

Mon/Wed mornings • Muscle Toning with light weights for men and women. (See Fall 2005 Lafayette-Moraga Recreation Guide for details.)



## LAFAYETTE BOOK CLUB

The Lafayette Senior Services Book Club (LSSBC) is one year old and thriving. If you love to read and discuss your favorite books, this is the group. You can be a drop-in or a regular and enjoy lively discussions and a snack and beverage.

# Emeritus College

Classes at Lafayette Community Center

*Emeritus College is a non-profit program of Diablo Valley College whose goal is to provide educational opportunities for adults. Their motto is No homework, No tests, No kidding! To register or receive a schedule, call 925-685-1230 ext. 2388.*

## Traditional English High Tea

The only thing better than learning how to make tea sandwiches, scones with clotted cream, and desserts, is sitting down and tasting them. Come join in the friendly conversation and goodies.

**Tuesday: Nov. 15 • 2:00 – 4:00 pm**

**LCC: Elderberry Room**

**1 class: $16 ($14 EC Members)**

**Instr: Helen Stimson**, long acclaimed Bay Area gourmet food instructor.

## Ella Fitzgerald

This course will examine the contributions of one of the most influential vocalists in jazz history. Included will be biographical information as well as significant recordings and rare video footage.

**Thurs: Nov. 17**

**1:00 – 3:00 pm**

**LCC: Sequoia Room**

**1 class: $12**

**($10 EC Members)**

**Instr: Dee Spencer,** SF State Music Professor and Performer

## The Early Days of Historic Virginia

Virginia abounds in Early Settlement, Colonial, Revolutionary and Civil War sites. Through a lecture and slide presentation we will visit Jamestown, Henricus, Williamsburg, and Richmond where early American history was forged.

**Monday, Nov. 21 • 1:00 – 3:00 pm**

**LCC: Elderberry Room**

**1 class: $12 ($10 EC members)**

**Instr: Carol Fowler**, retired Contra Costa Times Editor and Freelance Travel writer

## LAFAYETTE SENIOR SERVICES COMMISSION

*It is the mission of the Lafayette Senior Services Commission to enhance the well-being of Lafayette's older adults by identifying their concerns and needs; providing information about resources; and promoting community programs and services that enable them to lead meaningful lives.*

The City of Lafayette is pleased to have a Senior Services Commission which is comprised of seven Lafayette residents. The volunteer commissioners generally meet the 4th Thursday from 4:00-5:30 pm at the Lafayette Senior Services Center. Interested citizens may view the posted meeting agendas at the City of Lafayette office or at **www.ci.lafayette.ca.us** and are encouraged to attend these meetings. Commission duties also include participation at county forums where topics of interest to seniors are presented and deliberated. Between public meetings, Commission members participate in specific task force efforts which, at present, include "transportation" and "housing" issues as they affect older adults in our community. You may contact the Senior Services office staff members Mei Sun Li (mLi@ci.lafayette.ca.us) or Diane Wilt (dwilt@ci.lafayette.ca.us) for information about the Commission (925-284-5050).

Next Meetings: 10/27, 12/1, Alder Room.

## What Your Grandmother Forgot to Tell You About Her Bunions

*Dr. Stephen Zuber, back by popular demand!*

**Thursday: 11/3 • 11:00 am – Noon**

Dr. Stephen Zuber, Alta Bates Hospital podiatrist and clinical Professor of Podiatric Surgery in San Francisco, will be at the Lafayette Senior Services Center to deliver his presentation on yet another aspect of foot care. This time Dr. Zuber will tell us about the etiology (causation) prophylaxis prognosis (Wow!) and treatment of bunions. He will also uncover the mysteries of orthotics. Come with questions and bring your friends. (Reservations needed)

## Flu Shots – 2005

Contra Costa Public Health and Maxim Health Systems will offer flu shots for seniors and the general public at several locations in Contra Costa County. For locations other than Lafayette, call **1-877-962-9358** or log on to the Internet at **flucliniclocator.org**.

**Wed: Nov 2 • 2:00 – 3:30 pm**

**Lafayette Community Center, Live Oak Room**

Cost: Flu: $10; Pneumonia and Tetanus/Diphtheria: $20 *(No one turned away for inability to pay.)*. Persons 65 yrs and over, show your Medicare card and the shot is free.

# Dickens' Holiday Open House Schedule

**Friday: Dec. 2**

**10:30 am – Noon: Dicken's Lecture**

**10:30 am – 2 pm: Open House/ Buffet Lunch**

**Noon – 1pm: Mark Shaw, Olde Time Fiddle Music**

**1:00 – 1:30 pm: The Royal Scottish Country Dance Society (Youth)**

**1:30 pm: Raffle Drawing**

## DICKEN'S EVENT RAFFLE PRIZES AND CONTRIBUTORS

**Check out these prizes!!**

- Bo's Barbecue and Catering Restaurant Two $50 gift certificates
- Companion Care* – $50 gift certificate to Chow Restaurant in Lafayette
- Diablo Valley Foundation for the Aging* – gift basket
- Emeritus College – one free class of your choosing
- Emeryville Taiko – certificate for 5 taiko drumming classes valued at $65
- Lafayette Book Store – $25 gift certificate
- Lafayette Parks and Recreation – $25 towards any class of your choosing
- Lamorinda Art Alliance – a special artist's creation
- Network Therapies* –gift basket full of surprises for an evening of relaxation
- Nightingale Home Care – gift basket
- Sandy's Boutique in Lafayette – $50 Gift Certificate
- Elaine Welch, Exec. Dir. Senior Helpline Services of Lafayette – $100 gift certificate Lafayette Park Hotel Spa

***Other Event Contributors*** Additional food & decorations donated by: Blodgett's Floor Covering in Lafayette, Better Care Choices, Costco Wholesale, Diablo Foods in Lafayette, Members of Lafayette Senior Services Commission, Puroast Coffee, Safeway Foods in Lafayette, and Trader Joes of Lafayette

***We are indebted to all the businesses and organizations who have given Lafayette Senior Services so much encouragement and support.***

# No Longer Driving

*Tighe Boyle, Assistant Senior Transportation Mgr., Contra Costa County Aging and Adult Services*

Recently, I loaned my Pontiac to a friend in need. I decided that a BART ride home would be just the ticket and a local bus for the final leg a snap. I hadn't counted on the last, uphill, half mile on foot. By the time my feet crossed the home threshold, I was exhausted. This simple commuting scenario depicts a dilemma facing many of us. We should all be asking ourselves, ***"What will happen when my driving days are truly over?"***

Now, not later, is the time for us to confront this problem; to figure out how we're going to get around when we no longer drive.

DMV studies tell us that the typical male will not be driving during the last six-plus years of life. For women, it's nine years. We know also that drivers 85-89 are responsible for the same high rate of fatal accidents as the 15-19 year olds. But, getting around easily to meet critical living needs and to provide us with a sense of independence is an important quality of life issue. ***What to do?***

Coming up with transportation solutions for seniors is becoming a hot topic. Several senior transportation programs are in the works and yet creating a practical, desirable solution needs community support and involvement. Talk to your friends and relatives; Make your voice heard through public forums; Contact your local civic leaders. (See page 1 & 2 for more transportation information.)

## ▶ LAFAYETTE SENIOR RECREATION CENTER

**United Methodist Church, 955 Moraga Rd.** (non-affiliated)

Open 2nd and 4th Thursdays from 10:00 am – 3:00 pm, the center offers monthly programs, a variety of trips and year round events for anyone age 55+. Activities include a full catered birthday lunch on the 2nd Thursday ($5), a light catered lunch on the 4th Thursday of the month with Bridge and Bingo ($1). Annual membership dues are $6 and entitle you to a monthly newsletter that showcases upcoming programs & excursions. For more details contact:
**Dottie Baker: 925-254-3271**